



6
days

**TO SPRING CLEAN AND
REVITALISE YOUR HOME**

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6 days

TO SPRING CLEAN AND REVITALISE YOUR HOME

Before you start:

We would recommend doing this job on a bright sunny day - you are more likely to see the dirt and also you can fling the doors and windows wide open and get the air flowing through the house.

We are doing one room a day for 6 days (that doesn't mean each room will take a day it's just so you can really focus your attention on each room) - If you are finding it hard to start, set a 10 min timer and go more often than not you will still be going long past the timer going off.

Make sure to remove from each room any bits like any dirty cups, glasses bits that people just leave lying around (I like to take a washing basket with me and go into each room rounding up those little bits that are not where they should be so that you aren't running back and forth or up and down the stairs.)

Start each room from the top and the end furthest from the door. Work a wall at a time from top to bottom (keeping a close eye on skirting boards and hidden lower down corners that we often miss) and work your way out of the room, floors last. Clean your way out of the room!



YOU WILL NEED:

Feather
Duster



Washing up
liquid



Micro Fibre
Cloths



Bathroom
cleaner



Sponges



Wonder
Scrub



Glass
cleaning
cloth



Mop



Newspaper



Hoover



Scrubbing
Brush



Dustpan &
Brush



Gloves



Bin bags



Copper
Scourer



Give away
box



Toothbrush



Bucket



All-purpose
cleaner



Good music
or Podcast



Day 1

THE KITCHEN

This is a biggy so we will get it out of the way first!

Deep Clean the fridge *



Wipe down skirting boards



Dust- getting above cabinets



Deep Clean the oven*



Clean windows and wipe seals



Clean Microwave *



Deep Clean the Dishwasher*



Declutter shelves



Vacuum



Wipe down cabinets - declutter and organise



Clean surfaces - take everything off them to do this . Polish with microfibre cloth to finish.



Mop (tip add your favourite essential oil to the water so you finish with a wonderful smell



Wipe Walls using warm soapy water



Clean in and around bin



Empty toaster and clean underneath



Scrub sink and buff with microfibre cloth



*Notes:

*Tips for deep cleaning the fridge:

Take everything out, compost or recycle what you no longer need. Make sure to only use warm soapy water in the fridge, most manufactures only recommend using washing up liquid so no sprays!
Toothbrushes are great for getting into the corners of the fridge.

*Tips for deep cleaning the oven:

One of the worst jobs but it will be worth it. When cleaning make sure the oven is warm, it makes removing dirt a lot easier. Put the metal racks in the bath full of water wrapped tin foil with a dishwashing tablet and leave either overnight or for a few hours run a wire brush over them and you will be amazed at the results, squeaky clean and very little effort required.

*Tips for deep cleaning the Dishwasher:

Clean inside making sure to check around seals for any food stuck in them, wash out the filter. A cup of vinegar in the dishwasher will help break down all grease and dirt, and a lemon cut in half on the top rack of the dishwasher will keep it smelling fresh, run on empty so that everything gets a good wash.
Give outside a nice wipe down with our all purpose spray.



Day 2

THE BATHROOM

Declutter and tidy bathroom cabinets - therapy in it's self



Clean any removable plugs



Replace hand towels and bath mats



Spray and clean handles and light switchers



Clean sink and polish taps with microfibre cloth



Hoover any cobwebs on the ceiling



Clean shower glass



Wipe walls



Hoover floor



Clean shower tiles and taps - do forget the shower head



Wipe around any window areas



Mop



Clean bath



Clean mirrors polish with glass cloth



Scrub and clean grout using the Wonder Scrub



Clean loo, get down low and do the base & floor area.



Repeat in any shower rooms or loo's in the house.

Time to run a bubble bath and light some candle to enjoy your sparkling bathroom. You deserve it!

Day 3

BEDROOMS

Strip beds and anything you need cleaned put into the washing machine first so its not adding time at the end.

Go through draws and cupboards- reorganise and tidy.



Spray & clean light switches and door handles



Put duvet and pillows in the washing or out in the sunshine



Dust & wipe Shelves- clear everything off



Washing bedlinen, cushions & throws



Clear out and clutter



Dust books & trinkets



Wipe skirting boards



Dust or hoover lampshades



Hoover and dust cobwebs on the ceiling



Hoover or dust bedhead



Hoover



Wipe down bedside tables



Clean mirrors



Mop



Put duvet and pillows in the washing or out in the sunshine



Clean windows and window sill



*Repeat depending on the number of bedrooms you may have.

Once finished put on the kettle and enjoy a cuppa and a piece of cake!

Day 4

LIVING ROOM

Strip beds and anything you need cleaned put into the washing machine first so its not adding time at the end.

Go through draws and cupboards- reorganise and tidy.



Spray & clean light switches and door handles



Spot clean carpets or rugs



Dust & wipe Shelves- clear everything off



Washing bedlinen, cushions & throws



Clear out and clutter



Dust books & trinkets



Wipe skirting boards



Dust or Hoover lampshades



Hoover and dust cobwebs on the ceiling



Clean TV, spray All-purpose spray on to a microfibre cloth and polish.



Hoover



Wipe down any side boards or side tables



Clean mirrors



Mop



Take all cushions off the sofa and Hoover the sofa and underneath



Clean windows and window sill



Do a happy dance because the house is starting to look good!



Day 5

ENTRANCE AREA

Wipe down door get rid of any cobwebs



Spray & clean light switches and door handles



Wipe down stairs/ banisters



Polish or wipe post box



Wipe down any side boards or tables.



Dust or Hoover ceilings



Brush outside entrance way, clear cobwebs



Wipe skirting boards



Dust or Hoover lampshades



Empty out the entrance and asses what needs to go back.



Shake out rug or door mat.



Hoover



Stow shoes and coats away



Clean mirrors



Mop



Hoover area where shoes are stored



Clean windows and windo sills



Top tip, get some lovely tulips or daffodiles to add an uplifting spring feel when you come through the door.



Day 6

WORK AREA

Remove everything from your desk



Spray & clean light switches and door handles



Wipe down computer - spray all purpose spray onto a cloth and wipe down



Wipe down all surfaces



File anything that can be put away.



Hoover



Dust any cobweb on ceiling or walls



Wipe skirting boards



Mop



Empty out what shouldn't be there, cups, glasses etc.



Dust shelves, picture frames etc



And that is a wrap!
The house should be looking great and you should be feeling very zen!

Congratulations, more tea and cake anyone?!